

Course Name	–	POST GRADUATE DIPLOMA IN CORPORATE COUNSELLING
Course Duration	–	12 months / 48 credits / Maximum 15 Modules / 24x7 Virtual Support / (CNO 490)
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Interactive
Course Structure	–	21 credits compulsory + 27 credits optional (as per learner's selection)/Advanced
Eligibility	–	10+2+3 or 15+2 Years (social work/management/psychology/hr/training/hd)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 21 CREDITS / 6 MODULES / 5 MONTHS

49001 – WORKPLACE MENTAL HEALTH ISSUES – 4 credits / 30 days learning	Covers common psychological challenges employees face at work and their impact.
49002 – COUNSELLING SKILLS – 4 credits / 30 days learning	Builds essential interpersonal and therapeutic skills for workplace counselling
49003 - COUNSELLING PROCESS – 4 credits / 30 days of learning	Introduces structured steps and methods in delivering effective counselling.
49004 – WORKPLACE COUNSELLING MODALITY – 4 credits / 30 days of learning	Explores models and approaches tailored to corporate counselling settings.
49005 - PRAGMATISM – CASE WORK – 2 credit / 10 days of learning	Engage in practical case work to apply theory in real-life settings. This module enhances your confidence and professional skills.
49006 - DISSERTATION – 3 credit / 20 days of Inductive learning	Compiled work on a selected topic with guidance from a mentor. This module demonstrates the expertise and knowledge gained throughout the course.

OPTIONAL MODULES - CHOOSE ANY NINE MODULES FROM THE BELOW LIST - TOTALLING 27 CREDITS

49097 - Psychology – 3 credits/ 23 days of learning	<i>Compulsory in optional only for those who do not have a previous psychology background. Knowledge about various theories of psychology, memory, cognition, learning etc.,</i>	
49008 – CBT TECHNIQUES	49013 – DBT & ACT TECHNIQUES	49018 – COUNSELLING FOR SELF EMPOWERMENT
49009 – MINDFULNESS TECHNIQUES	49014 – COUNSELLING FOR WORK LIFE BALANCE	49019 – GROUP COUNSELLING TECHNIQUES
49010 – NLP TECHNIQUES	49015 – COUNSELLING FOR WORKPLACE BULLYING	49020 – COACHING SKILLS
49011 – ART THERAPY TECHNIQUES	49016 - COUNSELLING FOR PERFORMANCE	49021 – MOTIVATIONAL INTERVIEWING
49012 – PSYCHOTHERAPY TECHNIQUES	49017 – COUNSELLING FOR RELATIONSHIP ISSUES	49022 – SELF EMPOWERMENT TOOLS
49023 – STRESS & BURNOUT PREVENTION AT WORK	49024 – CONFLICT RESOLUTION & MEDIATION SKILLS	49025 – EMOTIONAL INTELLIGENCE FOR WORKPLACE COUNSELLING
49026 – ORGANISATIONAL BEHAVIOUR & EMPLOYEE DYNAMICS	49027 – CRISIS COUNSELLING FOR WORKPLACE EMERGENCIES	49028 – LEADERSHIP COACHING & EXECUTIVE SUPPORT
Course Fee	Learners from India	International Learners
Life Member of IHMH	₹ 15,200/-	\$530
Others	₹ 16, 800/-	\$600

For Admissions - To Know about Course details and Commencement dates, Text or WhatsApp Course No and Your Email ID to 0091 979 00 88 002 or email us at info@ihmh.in / info@ihmh.org

Institute of Holistic Mental Health @ www.imh.in @ www.ihmh.in